

## **Historic, Archive Document**

Do not assume content reflects current scientific knowledge, policies, or practices.



1762  
A27955

For exchange of information  
on nutrition programs  
and activities

# NUTRITION PROGRAM NEWS

U. S. DEPARTMENT OF AGRICULTURE, WASHINGTON, D. C.

SEPTEMBER-OCTOBER, 1964

## ICNE FORMULATES SOME BASIC CONCEPTS IN NUTRITION

MARY M. HILL, Ed.D., NUTRITIONIST, CONSUMER AND FOOD ECONOMICS RESEARCH DIVISION

During the Nutrition Education Conference, 1962, consideration was given to the possibility of reaching people with sound nutrition information by the mass media, particularly radio and television. Recognizing that it is not necessary for everyone to become a nutrition scientist, it was recommended that some basic concepts of nutrition be formulated in simple lay language that would be suitable to communicate to all people.

The Interagency Committee on Nutrition Education (ICNE) decided that this would be one follow-up activity that could be included in its program. The ICNE approved for release the following statements of broad, research-based ideas that are so important to health and well-being that all people should understand them.

In the next issue of NPN, the ICNE will indicate some ways their counterparts on the State and local levels may use these concepts.

It is the hope of ICNE members that our readers working in nutrition education programs of all descriptions will test these ideas by using them as criteria for selecting content, experiences, and materials.

Let us know about the success of activities developed around these ideas. We will report detailed descriptions of such activities from time to time in NPN.

The basic concepts of nutrition stated here are suggested by the Interagency Committee on Nutrition Education as those needed by *all* persons. Recognizing that concepts are the "meanings" that direct a person's responses and decisions, the concepts selected are those considered

most needed in making decisions about food that will promote a desirable level of health and growth.

The concepts given are fundamental ideas to be developed through nutrition education, not facts to be presented or taught as such. It is hoped the concepts will provide a springboard for program planning and will help define the scope of basic nutrition education.

By asking the question: "Will this contribute to the development of one of the basic concepts?" these four fundamental ideas can serve as criteria for selecting content, experiences, and materials for radio and television programs, publications, meetings, or lessons.

Nutrition educators will need to keep in mind the process by which concepts are developed—the way people learn—when they select specific supporting principles, ideas, and facts related to concepts.

An effort has been made to state concepts in language that is easily understood. Specialists in language arts and mass media assisted in wording the statements. All statements have been checked for accuracy by ICNE nutritionists.

## CONCEPTS

1. **Nutrition is the food you eat and how the body uses it.**  
We eat food to live, to grow, to keep healthy and well, and to get energy for work and play.
2. **Food is made up of different nutrients needed for health and growth.**
  - All nutrients needed by the body are available through food.
  - Many kinds and combinations of food can lead to a well-balanced diet.
  - No food, by itself, has all the nutrients needed for full growth and health.

- Each nutrient has specific uses in the body.
  - Most nutrients do their best work in the body when teamed with other nutrients.
3. All persons, throughout life, have need for the same nutrients, but in varying amounts.
- The amounts of nutrients needed are influenced by age, sex, size, activity, and state of health.
  - Suggestions for the kinds and amounts of food needed are made by trained scientists.
4. The way food is handled influences the amount of nutrients in food, its safety, appearance, and taste. Handling means everything that happens to food while it is being grown, processed, stored, and prepared for eating.

## AGRICULTURE HANDBOOK NO. 8 NOW AVAILABLE

Agriculture Handbook No. 8, "Composition of Foods—Raw, Processed, Prepared" Revised 1963, is a 190-page publication on the composition and nutritive value of foods. The two main tables present data for 2,483 food items as compared with 751 food items in the first (1950) issue of the Handbook.

### Many New Foods Added

Data are based on extensive review of information available both before and since the first publication. Values for some nutrients in nearly every food item have been revised. The major changes have been in data for fruits, vegetables, and meats. Many new foods have been added.

Values are presented in Table 1 as amount of nutrient in 100 grams of edible portion of food, and in Table 2 as amount of nutrient in the edible portion of 1 pound of food "as purchased." Data are provided for protein, fat, carbohydrate; five minerals (calcium, phosphorus, iron, sodium, potassium); five vitamins (vitamin A, thiamine, riboflavin, niacin, ascorbic acid); and other constituents.

A single figure, presented for each nutrient in each food item, represents, as nearly as possible, the amount contributed on a year-round, countrywide basis. More than 45,000 values are provided in the tables.

Data in terms of common household measures provided in Table 3 of the 1950 Handbook are not included in the new edition. Data on this basis for about 500 foods were published in 1960 in Home and Garden Bulletin No. 72, "Nutritive Value of Foods." This bulletin is being revised to bring values in line with the values in the new Handbook.

## Three New Tables

Three new supplementary tables in the revised Handbook provide data for: (1) Oleic, linoleic, and total saturated fatty acids in 422 foods; (2) cholesterol in 35 foods; and (3) magnesium in 422 foods.

Three Appendices: Notes on Nutrients, Notes on Foods, and Identification of Foods greatly extend the usefulness of this publication. Ask for Agriculture Handbook No. 8, "Composition of Foods—Raw, Processed, Prepared." Price \$1.50. Send check or money order direct to: Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402. (Stamps and C.O.D. orders are not accepted.)

## SLIGHT CHANGES IN USDA'S DAILY FOOD GUIDE

Dr. Esther F. Phipard, of the Consumer and Food Economics Research Division, Agricultural Research Service, has announced slight changes in USDA's Leaflet 424, "Food for Fitness—A Daily Food Guide."

These changes are the result of the action last year of the Food and Nutrition Board, National Academy of Sciences, National Research Council, in revising Recommended Dietary Allowances (RDA). To bring the Guide into line with the lowered RDA for calcium for children and pregnant and nursing women, USDA nutritionists adjusted the suggested amounts of milk for these groups as follows:

*Children under 9 years of age—2 to 3 cups*  
*Children 9 to 12 years of age—3 or more cups*  
*(it had been 4 or more cups)*  
*Pregnant women—3 or more cups rather than*  
*4 or more cups*

*Nursing mothers—4 or more instead of 6 or more cups*

No other changes are being made at this time.

The purpose for which this USDA food guide is intended makes it unrealistic to focus on details, such as selection of iron-rich or low-calorie foods within each of the four food groups.

## INTERAGENCY COMMITTEE ON NUTRITION EDUCATION (ICNE) Agencies and Their Representatives 1964-65

DEPARTMENT OF HEALTH, EDUCATION,  
AND WELFARE

Public Health Service:

Bureau of State Services, Division of Chronic Diseases  
 —Miss Gretchen Collins, Chairman, ICNE.  
 Miss Geraldine Piper.



## CHAIRMEN OF ACTIVE STATE NUTRITION COMMITTEES

Bureau of Medical Services, Division of Indian Health—Miss Helen Ger Olson, Miss Doris Vecker.

Food and Drug Administration:

Eugene H. Stevenson.

Mrs. Margaret Nicholson.

Children's Bureau:

Division of Health Services—Mrs. Helen Hille, Miss Frances Shoun.

Office of Education:

Division of State and Local School Systems, Instruction, Organization and Service Branch—Miss Elsa Schneider, Dr. Helen Mackintosh.

Division of Vocational and Technical Education, Home Economics Education Branch—Dr. Margaret Alexander, Miss Ata Lee.

### DEPARTMENT OF AGRICULTURE

Agricultural Marketing Service:

Food Distribution Division, School Lunch Branch—Miss Janet McFadden, Vice Chairman, ICNE; Mrs. Bertha Olsen, Henry Rodriguez.

Agricultural Research Service:

Consumer and Food Economics Research Division—Dr. Mary M. Hill, Dr. Louise Page.

Federal Extension Service:

Division of Home Economics Programs—Dr. Evelyn B. Spindler.

International Programs, Division of Extension, Research and Training—Helen A. Strow.

International Agricultural Development Service:

Foreign Training Division—Mrs. Ruth E. Silkett, Gertrude Drinker.

### DEPARTMENT OF INTERIOR

Bureau of Commercial Fisheries—Mrs. Rose G. Kerr, Mrs. Beverly M. Barton.

### INTERDEPARTMENTAL COMMITTEE ON NUTRITION FOR NATIONAL DEFENSE

Dr. Ernest Parrott.

### AMERICAN NATIONAL RED CROSS

Dorothy L. Bovee, Mrs. Kester Hastings.

### FOOD AND AGRICULTURE ORGANIZATION OF THE UNITED NATIONS

North American Regional Office—

Mr. Harold A. Vogel.

### Observer

### PRESIDENT'S COUNCIL ON PHYSICAL FITNESS

Federal-State Relations—Simon A. McNeely.

SECRETARY OF ICNE—Mrs. Margaret M. Morris, Consumer and Food Economics Research, USDA.

Alabama—Harriet H. Cloud, Nutritionist, Jefferson County Health Department, 1912 Eighth Avenue, South Birmingham.

Colorado—Dr. Fern Bowman, Colorado State University, Fort Collins.

Connecticut—Mrs. Martha Smith Fry, Meadowview Farm, Middlefield.

Georgia—Lucile Higginbotham, Head, Extension Health Department, University of Georgia, Athens.

Illinois, State—Mrs. Margaret I. Morris, Director, Dairy Council of the Quad-Cities, 504 Rock Island Bank and Trust Building, Rock Island.

Illinois, Chicago—(Chicago Nutrition Association)—Mrs. Bertha Bishov, President, Chicago Nutrition Association, 2549 63rd Street, Chicago 29.

Indiana—Mary Beeman, 212 North College, Muncie.

Kansas—Conie C. Foote, Director, Nutrition Section, Kansas State Board of Health, Topeka.

Maine—Mrs. Gene M. West, Nutrition Specialist, Cooperative Extension Service, University of Maine, Orono.

Massachusetts—(Subcommittee of the Central Health Council) Dorothea Nicoll—Acting Chairman—Chief, Nutrition Supervisor, State Department of Public Health, State House, Boston 33.

Minnesota—Mrs. Ella M. Olson, 716 Court House, St. Paul 2.

Mississippi—Dr. Ben Butler Johnson, Assistant Professor of Medicine, University of Mississippi, Medical Center, Jackson.

Montana—Agnes S. Woodson, Supervisor School Lunch Program, Great Falls Public Schools, 1100 Fourth Street, South, Great Falls.

New Hampshire—Dorothy Kingsbury, Head, Home Economics Department, Teachers College, Keene.

New Jersey—Dr. Miriam Brush, Douglas College, Rutgers University, New Brunswick.

New Mexico—Mrs. Grace McCallum, Dietitian, Santa Fe Railway Hospital, 800 Central S.E., Albuquerque.

New York, State—Eleanor V. Green, Rehabilitation Consultant, New York State TB and R.D. Association, 105 E. 22 Street, New York.

New York, City—(Food and Nutrition Council of Greater New York)—Dr. Morton B. Glenn, President, Food and Nutrition Council of Greater New York, Inc., 110 East 63 St., New York. Mrs. Zanja Cary, Chairman, Planning Board, 42 East 64 Street, N.Y.

North Carolina—Sallie J. Mooring, Dietary Consultant, Nutrition Section, North Carolina State Board of Health, Raleigh.

Ohio—Dr. Eva D. Wilson, Associate Chairman, Home Economics, Ohio Agricultural Experiment Station, Ohio State University, Columbus 10.

Oklahoma—Dr. Helen Barbour, Assistant Dean of Home Economics, Oklahoma State University, Stillwater.

Rhode Island—Mrs. Mildred L. Hatton, State Department of Health, Kent County Hospital, Warwick.

South Carolina—Janie McDill (Cochairman) Due West, S. C., Dr. Hilla Sheriff (Cochairman) Director, Maternal and Child Health Division, State Board of Health, Columbia 1.

Texas—Dr. Helen Campbell, Senior Nutrition Consultant, Chronic Disease Division, State Department of Health, Austin.

Utah—Mrs. Arla Funk, Mountain Fuel Supply Co., 180 East First Street, Salt Lake City.

Vermont—Blair Williams, College of Agriculture and Home Economics, University of Vermont, Burlington.

Virginia—(Subcommittee of the Virginia Council of Health and Medical Care)—Kathryn E. Smith, Director, Dining Services, Reynolds Metal Company, 6601 West Broad Street, Richmond.

Washington—Mrs. Isla Rhodes, Home Economics Department, Whitworth College, Spokane.

West Virginia—Mrs. Faith Gravenmier, State Supervisor of School Lunch, Department of Education, Charleston 5.

Puerto Rico—Mrs. Raquel M. Pérez-Diez, Nutrition Division, Commonwealth Department of Health, San Juan 99010.

## MATERIALS

Listing of these materials is for the information of the reader and does not necessarily mean recommendation. Materials or information concerning materials may be obtained from the address given. Symbols refer to—

GPO—Superintendent of Documents, Government Printing Office, Washington, D.C. 20402.

INF—Office of Information, U.S. Department of Agriculture, Washington, D.C. 20250.

## Applied Nutrition

**Conserving the nutritive values in foods.** 1963, 16 pp. Home and Garden Bulletin No. 90. Single copies free INF. GPO 10 cents.

## Food

**Comparative cost to consumers of convenience foods and home prepared foods.** 1963, 91 pp. Marketing Research Report No. 609. Economic Research Service, Marketing Economics Division, U.S. Department of Agriculture.

**Shopper's Guide to U.S. Grades for Food.** 1963, 13 pp. Home and Garden Bulletin No. 58. U.S. Department of Agriculture. GPO 10 cents.

**Food buying guide for Type-A lunches.** 1964 (revised), 75 pp. U.S. Department of Agriculture PA-270. GPO \$1.25.

**Family food budgeting for good meals and good nutrition.** 1964, 16 pp. Home and Garden Bulletin No. 94. U. S. Department of Agriculture. GPO 10 cents.

**Food for fitness—a daily food guide.** Slightly revised April 1964. Leaflet 424. U.S. Department of Agriculture. INF. GPO 5 cents.

## Consumer Services

**A consumer's guide to USDA services.** 1964, 49 pp. U.S. Department of Agriculture. Miscellaneous Publication No. 959. INF.

## Bibliographies

**Supplement to Selected Films and Filmstrips on Food and Nutrition.** May 1964, 14 pp. Committee on Evaluation of Food and Nutrition Films and Filmstrips, Food and Nutrition Council of Greater New York, Inc. Available from Professor Orrea F. Pye, Nutrition Department, Teachers College, Columbia University, New York, N. Y. 10027. 25 cents.

**Selected References Related to Teen-age Nutrition.** 1964, 8 pp. Available from National Dairy Council, 111 North Canal Street, Chicago, Ill. 60606.